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FEEDBACK

Resonant Love Balloons

The following is from a letter by B.P., who lives in San Francisco.

In meditating with the TMI tapes, I visualized creating an energy balloon and playfully thought, well why not make it go around my whole soul? It got bigger and bigger until I saw in my mind's eye a giant sphere, in which my present body was about the size of a peanut. Seeing no one else, I asked, "who's there?", but there was no answer.

My most profound meditations these days come from sending "zaps" to others. I create or draw to me a sphere of loving energy that I visualize sending to them to caress and comfort, to cheer or enlighten. When I do this, I also feel enveloped in the energy. I did this once flying back to San Francisco on a Friday night from Chicago—one of my all-time most uncomfortable regular trips. In particular, I visited in my mind's eye a very sick friend and found her in good shape, with a lovely dark-haired woman standing smilingly by her. The impression I had was "all is well." I later learned she was in remission from what has proved to be a terminal cancer. When I arrived—I had been able to hold the meditation for quite a long time, sitting cross-armed straight in my seat, eyes closed—instead of my usual stiff, dragged out and fatigued body, I felt as if every cell had been caressed and energized. I felt filled with light and did not suffer any of the painful effects of the trip on that occasion.

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